



Never miss an opportunity to put a smile on someone's face.
It may be the only one they get today. Susan Gale



TIRE of hearing about Zoom meetings?

And all the helpful stuff on the internet when you don't know how to access it?

Supporting
Caregivers
Online
Using
Technology

You are not alone. That is why we have developed the **SCOUT** (Supporting Caregivers Online Using Technology) program. If you want to learn more about the use of computers to help with caregiving, call us! We have tablets you can borrow and a specialist to help you learn how to use the tablet. She can also help you learn how to use your own tablet, phone, or computer to Zoom with us.

Tips for Caregiver Self-care

1. **Take the time.** This is just like putting your own oxygen on first on the airplane. You will not be able to help others if your own battery is "not charged".
2. **Seek support from other caregivers.** You are not alone and you shouldn't feel alone.
3. **Accept offers of help.** Be prepared to suggest specific things people could do to help even if it is just sipping coffee with your loved one while you get groceries or a haircut.
4. **Take respite breaks often.** Even if only for 10 minutes of breathing or reading. Caregiving is hard!
5. **Make sure legal documents and medical information are in order.** Organize to keep this info up to date and easy to find.
6. **Learn how to communicate effectively.** This helps with doctors as well as family that you would like to get more help from.

7. **Be open to new technologies that can help you care for your loved ones.** This could include everything from zoom support groups to virtual doctor visits.

8. **Give yourself credit for doing the best you can in one of the toughest jobs out there!!**



Safety at Home

Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a **home safety check** can help prevent accidents and falls. Here's where you can find one from the CDC:

https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

Hints: Make sure all paths are clear, *rails on both sides of stairs*, good lighting everywhere, *always wear shoes*, get vision checked, **exercise to stay strong and keep good balance**, get up slowly

And if you need help finding resources to increase ability to stay safely in your home, call your ADRC 920-386-3580



LOOKING FOR YOUR HELP

Do you have ideas for what you'd like to see in this newsletter?

How about ideas on what would be the most helpful to you as a caregiver?

Do you know of churches that might have bulletins or gatherings for which they might like to have information from me about caregiving or what help is available for caregivers?

Do you have places and times you would like to suggest for me to hold Powerful Tools for Caregivers classes or give other helpful classes and information?

Contact me by mail, email, or phone:

Catherine at ADRC 199 County Road DF Juneau, WI 53039

cknickelbein@co.dodge.wi.us

920-386-3259

Happy Spring Everyone



Help for Caregivers is Available in Many Different Ways:

Just need to talk: Institute on Aging Friendship Line: 1-800-971-0016
AARP Friendly Voices Line: 1-888-281-0145

For all caregivers:

- * Phone in Caregiver Support Group: last Tuesday of every month - register by calling 715-861-6174
- * Virtual events open to anyone anywhere can be found at:
<http://wisconsincaregiver.org/virtual-events-for-caregivers>
- * Caregiver Help Desk (7am-6pm CT): call 855-227-3640 to talk to a caregiving specialist
- * **Free telephone learning sessions** with different subjects each time: (register ahead by calling 866-390-6491) <http://caregiverteleconnection.org>
- * Visit **Caregiver Connection** on Facebook
- * Online help from **AARP**: <http://www.aarp.org/home-family/caregiving/>
- * Online videos from **Home Alone Alliance**: <https://www.aarp.org/ppi/initiatives/home-alone-alliance.html>
- * Online videos from Caregiver Action Network:
<https://www.caregiveraction.org/resources/videos>

For those caring for someone with dementia:

- * 24 hour call in line - **Alzheimer's Association** (always answered by a person) 800-272-3900
- * Dodge County Dementia Care Specialist: 920-386-4308

For those caring for a veteran or veteran's spouse:

- * **Veterans Caregiver Support Line**: 855-260-3274



We have books, games, and other items to assist you to pass the time in a safe, happy way. Our Dementia Care Specialist and Caregiver Program Coordinator have ideas that can help.

Call the ADRC 920-386-3580